

ALTHÉRA®

Tips, advice and recipes

– for parents giving
their child Althéra®



Nestlé Health Science

Information geared
towards parents

Nestlé Health Science supports breastfeeding and considers breast milk to be the best food for your child.

Althéra is a food product for special medical purposes used on the advice of a doctor or dietician.



With this brochure, we hope to give you answers to the most frequently asked questions about the use of Althéra. The brochure is mainly intended for parents of a child with cow's milk protein allergy who have been advised to use Althéra by a healthcare professional.

At the same time, we would like to offer recipes for more inspiration and variation. Among other things, you will find suggestions for the use of Althéra as a milk substitute when preparing taste-testing portions, gruel or porridge and in other cooking.

If you have any other questions about your child's needs and treatment, please contact your paediatric centre or your child's doctor/dietician.

If you have any questions about Althéra, you are welcome to contact our Consumer Contact Centre at +46 (0)20-78 00 20.

We wish you good luck as your child continues on their journey into the world of food!

The Children's Team
Nestlé Health Science

What is **ALTHÉRA?**

Althéra is a special nutrition product intended for children with cow's milk protein allergy and/or soy protein allergy. It is completely free from cow's milk protein and in other respects is as close as possible to the composition of human breast milk.

The proteins found in Althéra originate from milk, but have been broken down into smaller pieces, called peptides, that the body's immune system will not react to. Althéra contains purified lactose (milk sugar) that is guaranteed to be free of cwa milk protein. Althéra has been tested in multiple clinical trials that have shown it to be safe to give children with a diagnosed cow's milk protein allergy.

How do I use **ALTHÉRA?**

Althéra is nutritionally complete. This means that Althéra can be used as the only source of nutrition for your child, from birth up to 1 year of age. Althéra can also be combined with breast milk (via breastfeeding or bottle).

From the age of 6 months, Althéra can be supplemented with other milk-free foods. Ask your doctor or dietician what is right for your child. For taste-testing portions, cooking and baking, you can easily replace milk with the same amount of premixed Althéra. Remember to avoid all milk and dairy products.

Remember to use clean utensils in the kitchen to avoid traces of milk from other cooking.



ALThÉRA preparation

Althéra is powder that dissolves very easily and blends quickly into water without clumping.



1 Wash your hands before preparation.



2 Wash the bottle, teat and cap.



3 Boil the parts for 5 minutes. Leave covered until ready for use.



4 Boil cold tap water for 5 minutes. Allow to cool.



5 Pour the exact amount of lukewarm water into the bottle.



6 Add the exact number of level scoops based on your child's age.



7 Shake the bottle until the powder has dissolved completely.



8 Close the tin tightly after each use and store it in a cool, dry place.

Water

90 ml
120 ml
150 ml
180 ml

Powder

3 scoops
4 scoops
5 scoops
6 scoops

Mixed quantity

100 ml
130 ml
170 ml
200 ml

Check that the information agrees with the tin you received. Only use the scoop supplied in the package.

Only prepare one meal at a time.

Warmed or leftover mixture should always be thrown away.

Shelf life

An opened tin of Althéra can be used for three weeks, and must be kept closed at room temperature. An unopened tin should be stored cool and dry (not above normal room temperature). It will then be good until the best-before date stamped on the bottom of the tin.

Althéra IN COOKING

Althéra is well suited for use in cooking or baking.
Simply replace the ingredient milk with premixed Althéra

Buckwheat gruel 1 SERVING

2 dl water

1 tsp buckwheat flour

6 scoops Althéra powder

Mix the water and buckwheat flour. Bring to the boil and simmer for a few minutes. Remove the saucepan from the heat and mix in the Althéra powder. Allow to cool before serving.

Corn starch gruel 1 SERVING

2 tsp corn starch, e.g. Maizena

2 dl water

5 scoops Althéra powder

Mix the water and cornflour, bring to the boil and simmer for a few minutes. Allow to cool and whisk in the Althéra powder.



Althéra gruel 1 SERVING

2 dl water

2 tbsp milk-free oat flour

5 scoops Althéra powder

Bring the water and oat flour to the boil while stirring. Allow to simmer for 2 minutes and then whisk in the Althéra powder.

GRUEL AND PORRIDGE

Suggestions of recipes with Althéra

Rice porridge 1 SERVING

1 ½ dl water

6 tbsp instant rice

4 scoops Althéra powder

Mix the water and instant rice and simmer for 2-3 minutes. Whisk in Althéra powder and allow to cool to a suitable temperature. Eventually, the porridge can be flavoured with ½ dl mashed banana or fruit purée (blueberry, mango, etc).



Fruit porridge 1 LARGE SERVING

2 dl water

5 scoops Althéra powder

1 dl rolled oats or spelt grain

½ dl stewed fruit or berries

or ½ dl fresh berries

Mix the water and grains and boil to make a porridge, about 3 minutes. Mix in Althéra powder followed by your choice of fruit or berry.

Polenta porridge 1 SERVING

1 ½ dl water

2 msk polenta

4 scoops Althéra powder

Mix the water and polenta and simmer for about 5 minutes. Whisk in Althéra powder and allow to cool to a suitable temperature. The porridge can be flavoured with ½ dl of fruit purée or half a mashed banana.

Semolina porridge 1 SERVING

1 dl water

1 msk semolina

3 scoops Althéra powder

Bring the water and semolina to a boil and let simmer for 3-4 minutes. Remove the saucepan from the heat and mix in the Althéra powder. Mix with berries or fruit purée, for example, and serve as cold porridge.



Berry drink *Fruit smoothie*

1 SERVING

1 dl cold premixed

Althéra

2 tbsp blueberries and

2 tbsp raspberries

1 SERVING

1 dl cold premixed

Althéra

½ banana and 2 tbsp

fruit juice

Mix all the ingredients to a smooth consistency. To give the drink/smoothie a thicker consistency, you can increase the amount of fruit or berries and reduce the amount of Althéra.

Oat smoothie **1 SERVING**

1 ½ dl premixed Althéra

2 msk tbsp rolled oats

1 small banana or 1 dl fruit purée

Mix all the ingredients to a smooth consistency. Serve!



Stewed fruit **1 SERVING**

1 apple or pear

1 dl water

2 scoops Althéra powder

Cut the fruit into small pieces and boil in water until soft. Pour out the excess water and mix the fruit to a smooth purée consistency. Mix in Althéra powder.

Mashed bananas **1 SERVING**

1 banana

½ dl premixed Althéra

Mash the banana well. Add Althéra until it reaches the desired consistency.

SNACK

Suggestions of recipes with Althéra

Apple rice 4 SERVINGS

4 dl water

1 ½ dl pudding rice

3–4 apples, peeled and sliced

1–2 tbsp sugar (to taste)

Bring the water to the boil. Add the rice and apples, and simmer for 20 minutes on low heat. Add sugar to taste, and simmer for a few more minutes. Serve with premixed Althéra.



Root vegetable purée 1 SERVING

½ – 1 dl premixed Althéra

100 g potato

50 g carrot/parsnip

1 tsp milk-free margarine (to taste)

Boil the potatoes and root vegetables until soft and then mash them. Add the Althéra mix and margarine (to taste). The amount of Althéra can be increased in the beginning to give the purée a looser consistency.

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TIP!

Replace the root vegetables with a vegetable, like peas, corn, cauliflower or broccoli.

Potatispuré 1 SERVING

½–1 dl premixed Althéra

Around 150 g peeled, boiled and mashed potatoes

1 tsp milk-free margarine

Add premixed Althéra and margarine to newly boiled, mashed potatoes and stir. The amount of Althéra can be increased in the beginning to give the purée a looser consistency.

Avoid prolonged boiling as heating over 70°C for a prolonged period of time can reduce the content of some nutrients, particularly water-soluble vitamins.

Bechamel sauce

2 dl water

2 tbsp wheat flour

1 tbsp milk-free margarine

½ dl premixed Althéra

Quickly whisk the flour into cold water in a saucepan. Bring to the boil and simmer for 5 minutes. Remove from the heat and add the margarine and Althéra.

Small oat pancakes 2 SERVINGS

1 egg

2 dl premixed Althéra

¾ dl wheat flour

¾ dl rolled oats

Milk-free margarine for frying

Mix 1 dl premixed Althéra with the flour and oats. Whisk until smooth. Add the egg and the rest of the Althéra. Fry small pancakes. If using egg substitute, follow the instructions on the package.

Pancakes 1 SERVING

1 egg

2 dl premixed Althéra

1 dl wheat flour

Salt if required

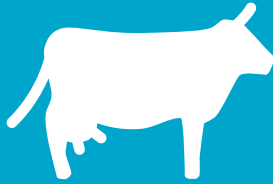
Milk-free margarine for frying

Mix 1 dl Althéra with the flour, and whisk lightly to a smooth batter. Add the egg and the rest of the Althéra. Fry in a small frying pan until golden brown on both side. Serve with favourite fruit preserve.

MORE FILLING MEALS

Suggestions of recipes with Althéra





Would you like more tips
**OR DO YOU HAVE ANY QUESTIONS
ABOUT OUR PRODUCTS?**

Please contact our Consumer Contact Centre:

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